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Family Name						
Given Name/s						
Student Number						
Teaching Period	Semester 1, 2018					

SPE206 – Exercise and Sport Psychology 1	DURATION	
	Reading Time:	10 minutes
	Writing Time:	120 minutes
INSTRUCTIONS TO CANDIDATES		
<p>Attempt all questions. Answer all questions on the examination paper.</p> <p>The examination consists of three sections.</p> <p>Section A multiple choice section worth 40 marks. Section B short answer questions worth 20 marks. Section C extended answer questions worth 40 marks.</p>		
EXAM CONDITIONS		
<p><u>You may begin writing from the commencement of the examination session.</u> The reading time indicated above is provided as a guide only.</p>		
This is a CLOSED BOOK examination		
No calculators are permitted		
No handwritten notes are permitted		
No dictionaries are permitted		
ADDITIONAL AUTHORISED MATERIALS	EXAMINATION MATERIALS TO BE SUPPLIED	
No additional printed material is permitted	1 x 8 Page Book	

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Section A

Multiple Choice Questions

Section B

Short Answer Questions

Total marks for this section: 20 marks

Each question is worth two (2) marks

Marks are equally divided within each question.

Answer in the spaces provided.

Suggested time allocation for Section B: 40 minutes

Question 1

Define exercise and sport psychology and provide examples.

(Marks: 2)

Question 2

Nideffer's 'Test of Attentional and Interpersonal Style' (TAIS) talks about two ways of measuring attention. Name these and briefly mention how each works.

1.

2.

(Marks: 2)

Question 3

Explain the differences between an autocratic and democratic leader.

Autocratic:

2. Democratic: _____

(Marks: 2)

Question 4

The 'Matching Hypothesis' believes that if an athlete presents with: (complete the blanks)

1. **Somatic Anxiety** we should give them a _____ anxiety reducing technique.

Provide an example of one of these techniques:

2. **Cognitive Anxiety** we should give them a _____ anxiety reducing technique.

Provide an example of one of these techniques:

(Marks: 2)

Question 5

In Achievement Goal (Orientation) Theory there are three difference types of orientations. Name these and explain how each one affects an athlete's motivational approach.

1. _____

2. _____

3. _____

(Marks: 2)

Question 6

Explain three different methods for Psychological Skills Training (PST) and provide examples.

1. _____

2. _____

3. _____

(Marks: 2)

Question 7

Name three theories of arousal or anxiety control and describe how they work.

1. _____

2. _____

3. _____

(Marks: 2)

Question 8

Explain the major factors that encourage exercise and sport adherence.

(Marks: 2)

Question 9

Define the different types of aggression and provide examples to illustrate your answers.

(Marks: 2)

Question 10

What two approaches does WADA adopt when attempting to dissuade athletes from taking drugs?

1.

2.

(Marks: 2)

This is the end of Section B (Total 20 Marks). Please ensure that you have written your name and student number on your examination sheet.

Section C
Extended Answer Questions

Total marks for this section: 40 marks

Each question is worth ten (10) marks and the marks allocated in each question are indicated.

Answer in the spaces provided.

Suggested time allocation for Section C: 40 minutes

Question 1

A basketball player has made it into the final match of the national championships. The literature says that athletes can set process and performance goals. Write example of these goals as if you were this basketball player below and explain what is good about setting these goals and provide specific examples to support your answers.

1. Performance Goal(s)

(Marks: 3)

What is good about this goal?

(Marks: 2)

2. Process Goals

(Marks: 3)

What is good about these goals?

(Marks: 2)

Question 2

In Albert Bandura's Self Efficacy Theory there are four main sources that build up our self-efficacy. Name and describe two of these and give an example of how this might work in a sport or exercise situation.

1. _____ source of efficacy.

Description:

Example:

(Marks: 5)

2. _____ source of efficacy.

Description:

Example:

(Marks: 5)

Question 3

1. What is 'Exercise Addiction'?

(Marks: 2)

2.What are the positive and negative effects of being addicted to exercise?

(Marks: 4)

3. Describe at least **two** strategies that an addicted exerciser can use when they can't exercise (eg. when injured

(Marks: 4)

Question 4

Sports imagery is a characteristic of athletes in sport.

1. Define sport imagery.

(Marks: 3)

2.Explain the different types of imagery used by sportspeople.

(Marks: 3)

3. How would you develop sport imagery and when would you apply this psychological skill?

(Marks: 4)

This is the end of Section C (Total 40 Marks). Please ensure that you have written your name and student number on your examination sheet.